

# WELLNESS EVENT COMING SOON



This summer, your City of Manchester Wellness Committee wants to show you how Walking Works!

From June 16 - August 8, if you log at least 30 minutes of physical activity at least 3 times per week, **you could win \$25 Hannford Gift Cards and be eligible to win a \$250 Visa Gift Card.**

Registration for Walking Works will open on Saturday, May 31st. The first 100 City Employees to register will receive a FitBit courtesy of the Wellness Committee.

**STAY TUNED for more information and the link to register.**